

# INTEGRATIVE HEALTH CENTER

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## PREPARATIONS FOR SURGERY

### PRE-SURGERY

1. If you smoke, stop! Smoking delays all aspects of healing.
2. Make sure your diet is healthy and balanced. Avoid junk foods, sweets, alcohol, and bad fats (hydrogenated oils and deep fried foods).
3. Medications to avoid before surgery:
  - a. Non steroidal anti-inflammatory agents e.g. Ibuprofen (Motrin, Advil, etc), aspirin, Alleve, Nuprin, Orudis, etc.  
These meds decrease the ability to clot and may cause excessive bleeding or bruising during or after surgery. Stoop at least 2 weeks prior to surgery. For this same reason, these are helpful following surgery to inhibit platelet aggregation and the development of abnormal blood clots. Consult with your surgeon.
  - b. Supplements to avoid:  
Vitamin E, Fish Oils, Flax oil, Gingko Biloba. Stop 2 weeks prior.

### SUPPLEMENTS TO USE BEFORE SURGERY

1. **Vitamin C.**  
Take at least 1000mg twice per day for 1 week prior to surgery. This enhances the healing of wounds and connective tissue. Emergen-C packets will provide added electrolytes.
2. **Proteolytic Enzymes** (high in protease)  
Helps decrease swelling and bruising, acts as a natural anti-inflammatory, and speeds recovery and tissue repair. **IMPORTANT: MUST BE TAKEN ½ BEFORE OR 2 HOURS AFTER EATING**, 1 capsule 3-5 times per day.
3. **Co-enzyme Q-10**  
Take 100-120mg per day for 7 days prior to surgery which protects against free radical damage to the body's tissues.
4. **Trillium homeopathic remedy**  
Only necessary for surgeries which might cause excessive bleeding. See handout.
5. **Zinc**  
50mg per day for 10 days prior to surgery. Copper, manganese, and selenium are also important co-factors as building blocks for glutathione (anti-oxidant system of the body).
6. **If you are having general anesthesia:**  
Take Milk Thistle Seed extract (standardized 80%) 350mg day before and day of surgery
7. **Arnica 30c and Hypericum 30c and/or Traumeel (all homeopathic)**  
Take one dose of each at the last practical time before surgery

## **SUPPLEMENTS TO USE AFTER SURGERY**

- 1. Arnica 30c and Hypericum 30c and/or Traumeel (all homeopathic)**  
For pain management. One dose every 2 hours following surgery (if practical) for the first day, then 3-5 times per day as many days as necessary. Arnica and Traumeel help with pain and swelling. Hypericum helps decrease nerve pain associated with incisions.
- 2. Vitamin C.**  
Take at least 1000 mg 3 times per day for 2 weeks following surgery. You may want to continue with 500mg 2-3x per day for the following 2 months.
- 3. Proteolytic Enzymes (high in protease) RPR**  
Continue to take 1 capsule 3-5 times per day for 1 week  
**IMPORTANT: MUST BE TAKEN ½ BEFORE OR 2 HOURS AFTER EATING.**
- 4. Resinall-E**  
Chinese herbs to promote tissue regeneration, treat pain and swelling, and invigorate the flow of Qi and Blood. Take 3-5 tabs on empty stomach with RPR
- 5. Co-enzyme Q-10**  
100-120 mg per day for 7 days after surgery.
- 6. Zinc**  
30 mg per day for 4 weeks following surgery.
- 7. Grape Seed Extract, Horse Chesnut Seed, Bioflavonoids.**  
Anti-oxidents specific for circulation and healing
- 8. Milk Thistle Seed**  
Continue with 175mg (80% extract) 2x per day for 1 week following surgery.
- 9. Vitamin E**  
Mixed tocopherols (1:1 alpha: gamma tocopherol with delta and beta tocopherols)  
400mg per day
- 10. Trillium homeopathic remedy**  
If indicated for excessive bleeding, See handout.